Navy and Marine Corps Stress Management Resources

Resources and Referrals	Awareness	Education	Intervention
FFSC	**Stress GMT** ▪ 30-120 minutes ▪ All audiences	**Stress Multi-Session** ▪ 8 hours/4 sessions ▪ Mild/Moderate stress level ▪ Self-referral ▪ Active duty, family members	**Counseling**
Health Promotion	**Various Services** ▪ All Audiences	**Various Services** ▪ All Audiences	
Psychology		**Stress Management Brief** ▪ One day (2-8 hours) ▪ Moderate stress level ▪ Command sponsored ▪ Active duty	**Stress Management Workshop** ▪ Outpatient ▪ 10 hours/4 weeks ▪ Moderate stress level ▪ Medical referral ▪ Active duty
OCIP **Outpatient Psychiatry** **NMCP**		**Deckplate Training** ▪ One day (2-8 hours) ▪ Mild/Moderate stress level ▪ Command sponsored ▪ Active duty	**Outpatient Crisis Intervention Program** ▪ 5-day outpatient ▪ High stress level ▪ Medical referral ▪ Active duty
CREDO **Chaplains**			**Personal Growth Retreat** ▪ 72-hour weekend ▪ Mild/Moderate stress level ▪ Self-referral: Active duty, family members, retirees, reservists, DoD employees
SPRINT			**Critical Incident Stress Briefing** ▪ 1- to 2-hour debriefing ▪ High stress level